



CREATIVITY PACK

NAME: _____

AGE: _____

@LIGHTUPDRAMA



LEARNING TO SHINE AT HOME

A MESSAGE FROM ARTISTIC DIRECTOR, ROSANNA SLOAN



Hello,

Thank you so much for downloading or picking up one of our Creativity Packs. We created this pack to entertain families across the nation and encourage them to get creative with our signature Light UP style games, activities and challenges.

Light UP is a not for profit organisation, teaching drama to 4 -19 year olds to boost confidence, creativity and self-esteem. We also run Steppin' UP, a commercial dance company dedicated to making people of all ages feel body confident and empowered through movement.

This pack is full of exciting creative challenges to keep the whole family entertained throughout the Summer. We would love for you to share your creations with us and to get involved with the competitions for an opportunity to win prestige and prizes!

Throughout the pack there are a few competition entries and chances to share what you have done with us online. To share your work, use the hashtag **#LightUPCreativity** on Facebook, Instagram and Twitter so we can find your amazing work! If you'd prefer to not share over social media but would like for us to view your creations, please e-mail **info@lightupdrama.org.uk**.

Take care, stay safe and get creating!

Welcome to your Creativity Pack -
<https://youtu.be/iPAQwRAgT7k>

WANT TO KNOW MORE ABOUT LIGHT UP?

LIKE US ON FACEBOOK



FOLLOW US ON TWITTER & INSTAGRAM



CHECK OUT OUR WEBSITE - WWW.LIGHTUPDRAMA.ORG.UK



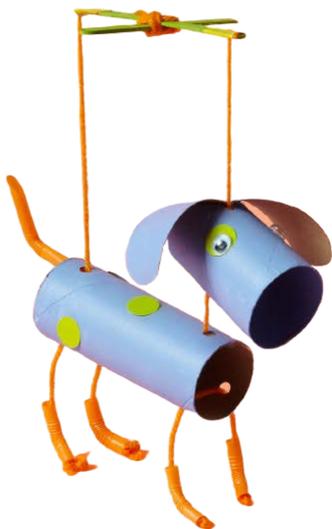
SCAVENGER HUNT PUPPET MAKING

In this Scavenger Hunt you will need to collect the items listed on the left from around your house to create the puppet on the right! Follow the instructions carefully and tick off the items once they have been found. Use the hashtag #LightUPCreativity to show us your creations!



SCAVENGE FOR THESE ITEMS TO MAKE YOUR VERY OWN PUPPET!

- 2 TOILET PAPER TUBES
- PAINT
- PAINT BRUSH
- HOLE PUNCH
- BENDY PLASTIC STRAWS
- STRING
- 2 LOLLIPOP STICKS
- 2 GOOGLY EYES
- GLUE
- SCISSORS
- COLOURED OR PLAIN PAPER



HOW TO CREATE A PUPPET

When creating your puppet think about which four legged animal you would like to make, and tweak these instructions to suit.

Check out the instructional video here:
<https://youtu.be/U1Wopf60UWU>

1. Paint the two toilet paper tubes whichever colour you'd like depending on the animal you wish to create; then let it dry. Cut one tube in half; one half will be for the head, the other for the ears.

2. Cut the ears into a long figure of eight shape out of the cardboard tube, like the one below. You could make them longer if you want longer ears or shorter if you want shorter ears. Then glue them to the top of one side of the head. Push in the cardboard where the ears are glued, creating an indent on the head to make the ears stick up.



3. Glue 2 lollipop sticks together to form a cross and set aside.

4. Punch four holes on the bottom of the body for the legs and thread two pieces of string through the leg holes, adding cut bendy straw pieces for the feet. Knot at each end.

5. On the opposite side of the tube, punch holes at both ends of the body; thread a long piece of string through the body and head. Tie it to the lollipop stick-cross.

6. Glue on a cut bendy straw to create a tail and stick on or draw some eyes. Fantastic!

#LIGHTUPCREATIVITY

LIGHT UP ACTIVITY BINGO

BINGO! Tick off everything you've completed with us at home and add a few of your own activities to the bingo card. Share your completed Bingo Cards with us on social media using the hashtag **#LightUPCreativity**



CREATE A PUPPET

PERFORM A MONOLOGUE

SUBMIT A COMPETITION ENTRY

WRITE A STORY USING DAILY INSPIRATION

HAVE FUN WITH SOME GARDEN ACTIVITIES

CREATE AN OBSTACLE COURSE

PERFORM A FAIRYTALE WITH YOUR FAMILY

DO SOME BAKING!

WRITE A POEM

REVIEW A DANCE OR PLAY

MAKE A BOOKMARK

PLAY SOME DANCE GAMES

PAINT SOME ROCKS

Tick off your bingo card with Katy
<https://youtu.be/s3PIN0RCpzo>



Submit your completed bingo cards and we'll pick one card at random to win a prize! Head to our competitions page at the back of the pack to find out more!



ROLL AND WRITE

Grab a dice and use the guide below to create a story! Send to us at info@lightupdrama.org.uk for your chance to **win our short story competition!** Head to our competition page for more info.



STORY 1

MAIN CHARACTER

SETTING

TIME



A GRUMPY TEACHER



THE JUNGLE



SUMMER HOLIDAYS



A FUNNY PIRATE



A SHIP



CHRISTMAS EVE



AN ANGRY ALIEN



THE SEASIDE



MIDNIGHT



A CONFIDENT DANCER



A SPACESHIP



VICTORIAN TIMES



A FAMOUS ATHLETE



A DESERTED ISLAND



1980-1990



A TALKING ANIMAL



A SUPERMARKET



YEAR 3000

STORY 2

MAIN CHARACTER

SETTING

TIME



A HAPPY CHICKEN



A PIRATE SHIP



DINNER TIME



A BLOCK OF CHEESE



NEW YORK



6AM



A FAMOUS SINGER



BEACH



THE STONE AGE



A GIANT SPIDER



UNDERWATER



AFTER SCHOOL



A PRINCESS



A THEME PARK



1920's



A PRINCE



A DRAMA CLASS



BREAKTIME





Words to fill in the blanks:

1. Beautiful / Ugly / Funny / Happy / Silly / Crazy / Old / Young / Tall / Large

2. Spider / Giant / Donkey / Witch / Princess / Queen / Girl / Boy

3. Giant / Small / Large / Tiny / Sweet / Smelly / Fluffy

4. Cottage / Dungeon / Swamp / Castle / House / Sea / Woods

For **5, 6, 7, 8, 9** etc, choose as many characters as you have people in your home!
Cat / Crazy uncle / Grandma / Dog / Pet Fish / Grandpa / Spider / Sister / Brother

10. Sea / Jungle / Dessert / Woods / Swimming Pool / School / Park

11. Magical / Smelly / Gorgeous / Ancient / Tremendous / Rusty

12. Make you float! / Make you invisible! / Give you endless amounts of chocolate /
Make you laugh!

13. Nervously / Excitedly / Happily / Worriedly / Humorously

14. Money / Balloons / Books / Ants / Monkeys

15. Library / School / Zoo / Hospital / Museum / Bus stop

16. Heavy / Smelly / Funny / Giggly / Awkward / Small / Big

17. Float / Turn invisible / Find their house filled with chocolate / Laugh and laugh.



COMPETITION TIME!

SEND US A VIDEO OF YOU AND YOUR
FAMILY PERFORMING YOUR FAIRY-TALE
FOR A CHANCE TO WIN A TROPHY AND A SURPRISE PRIZE!

GO TO OUR COMPETITION PAGE AT THE BACK OF THE
BOOKLET TO FIND OUT MORE



The very very Unique Little Family Fairytale



Once upon a time, there lived a 1. _____ 2. _____. They lived in a 3 _____ 4. _____. They lived with their 5. _____, 6. _____, 7. _____, 8. _____, 9. _____. One day the 1. _____ 2. _____ and their family decided to take a nice leisurely stroll through the 10. _____. Suddenly, they came across a 11. _____ treasure chest.

5. _____ said, 'I wonder what's inside!' 6. _____ replied intriguingly, 'Perhaps this is the magic potion!' 7. _____ said, 'don't be silly! You know that is a myth!'

2. _____ had always wondered about the magic potion that so many had talked about for so many years. This magic potion apparently had the ability to 12. _____.

They all gathered around the treasure chest 13. _____. The 1. _____ 2. _____ opened up the treasure chest and to all of their surprise, it was not the magic potion that they had heard so many myths about. Instead, the chest contained an endless supply of 14. _____.

8. _____ asked, 'what shall we do about this?' 9. _____ said, 'why don't we donate them all to the local 15. _____?'

So they all set off on their travels through the 10. _____ to the 15. _____, carrying their 14. _____ with them, although they were very 16. _____.

When they got to the 15. _____, they dropped off their 14. _____ and headed back to their 4. _____, feeling rather sad that they did not discover the mysterious magic potion.

As they strolled through the 10. _____, 5. _____ said, 'maybe one day we will find the potion?' but the 1. _____ 2. _____ said, 'it's a story, a fairytale, it's not true!'

They finally arrived back at their 4. _____ and noticed something waiting for them on the doorstep. As they got closer and closer, 7. _____ cheered, 'it's the potion!'. The 1. _____ 2. _____ opened up the bottle, and was very surprised to find that the rumours were true, they were right all along! And with that the whole family started to 17. _____.

And they lived happily ever after.

DAILY WRITING INSPIRATIONS

To make your own deck of Daily Writing Inspiration cards, cut these out and pick one out each day to use to write your own short stories. Email us your favourites!



DAILY WRITING INSPIRATION

Describe a day in a theme park, think about the sights, sounds, smells and rides.



DAILY WRITING INSPIRATION

Our word of the day is Cattywampus. Find out what it means and then write a story using that as inspiration.



DAILY WRITING INSPIRATION

Call a relative and ask them to give you three random words. You must then use those to help create a story.



DAILY WRITING INSPIRATION

Write a story for children set in some mystical woods.



DAILY WRITING INSPIRATION

Our word of the day is Bamboozle. Find out what it means and then write a story using that as inspiration.



DAILY WRITING INSPIRATION

Tell the story of a dramatic moment in your life, but weave in one secret and one lie.



DAILY WRITING INSPIRATION

Look out the window and write about what you see, think about how you can really describe it.



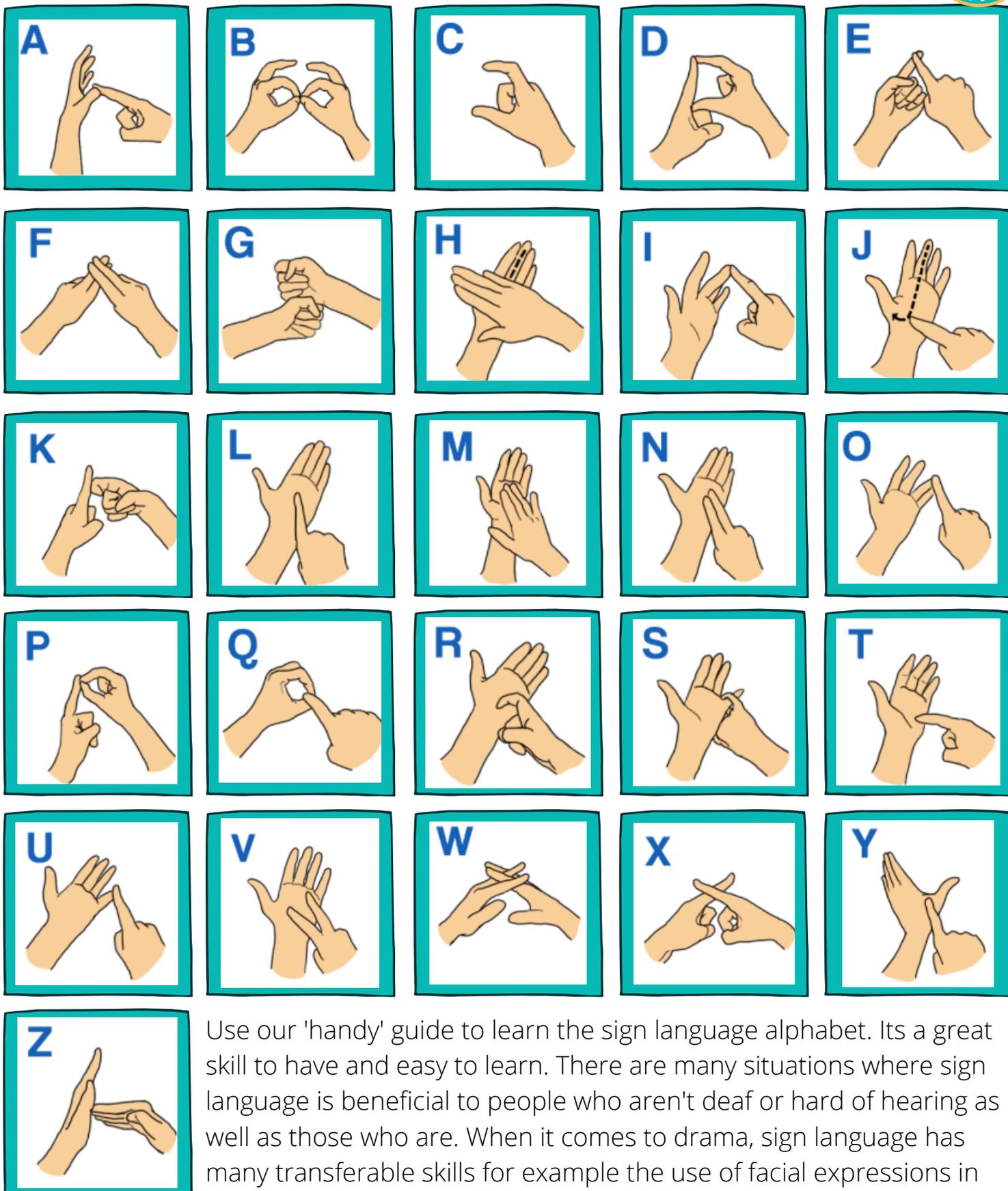
DAILY WRITING INSPIRATION

Write a story that starts with 'From then on she stopped believing'.



Head to our Competition page at the back of the pack to see how you can get your hands on some prizes just by submitting your story!





Use our 'handy' guide to learn the sign language alphabet. Its a great skill to have and easy to learn. There are many situations where sign language is beneficial to people who aren't deaf or hard of hearing as well as those who are. When it comes to drama, sign language has many transferable skills for example the use of facial expressions in conjunction with sign, are very important communicating the emotion and intent behind what the speaker is saying. Sign at its core is the spelling of words but those that are most effective pair it with emoting and body language, just the thing every great actor needs too!



ROCK PAINTING

When you next go for a walk, look out for some smooth pebbles. Collect a variety of different shapes and sizes. You can use pens, markers or paints to create a design inspired by your favourite West End or Broadway shows! Think: *School of Rock* or *Rock of Ages* or for a pun free example check out the designs below - can you guess the show? Why not add the #LightUPCreativity hashtag to your design and hide it for someone else to find? Who knows where it will go next!



Watch our video on rock painting here - <https://youtu.be/ZuxUmQ684fl>

WIGGLE BOX

To prepare for this game, you will need to collect a few items.

Materials: an empty tissue box (which you can decorate), a belt and some ping pong balls.

Using scissors, create two horizontal cuts in the back of the tissue box, roughly 15cm apart (you may need to get an adult to help you with this). Feed the belt through the cuts you have just made to attach the box to the belt. Next, fill the tissue box with ping pong balls.

Once you have created your box fasten the tissue box to yourself using the belt with the tissue box behind you. The aim of the game is to get rid of all the ping pong balls in the box by dancing, jumping, shaking and get your whole body moving - for more fun put on some music or make your own as you wiggle!

If you want to compete against the whole family, make more boxes and time yourselves to see who will be the fastest to empty their box!

Watch this video to see more:
<https://youtu.be/zaIVKmeBpv8>

OBSTACLE COURSE

For this activity you have complete control and freedom over how you play.

Start by collecting random objects from around the garden (making sure they are safe, of course). This could be garden chairs, a trampoline, a skipping rope, anything you can find!

Decide on how you wish to travel around the course (leap, jump, sing) and set up your items around the garden, timing yourself to see how long it will take you to complete the circuit. This is a great way to keep fit, exercise and most importantly have lots of fun!

Watch this video to see more:
<https://youtu.be/Uexo-lZOceU>



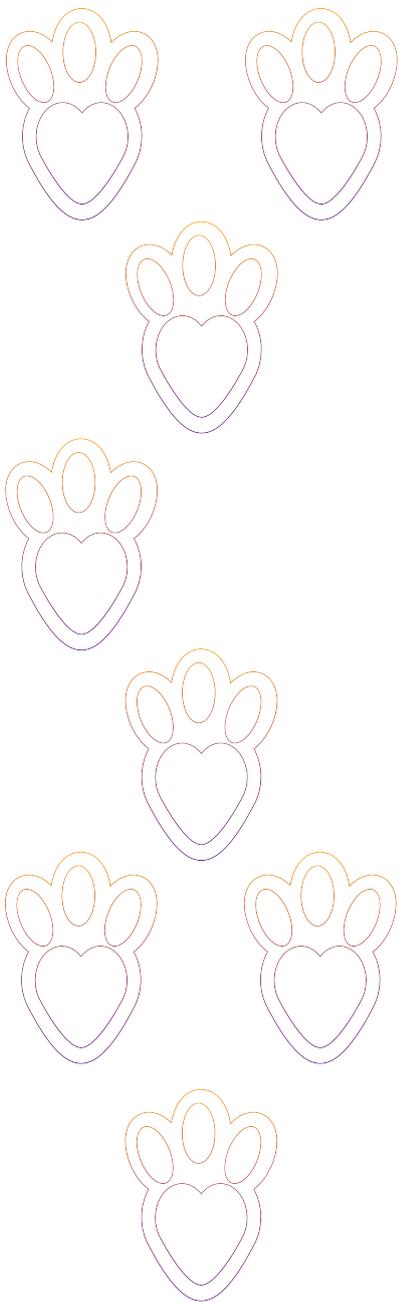
MONSTER FEET HOPSCOTCH



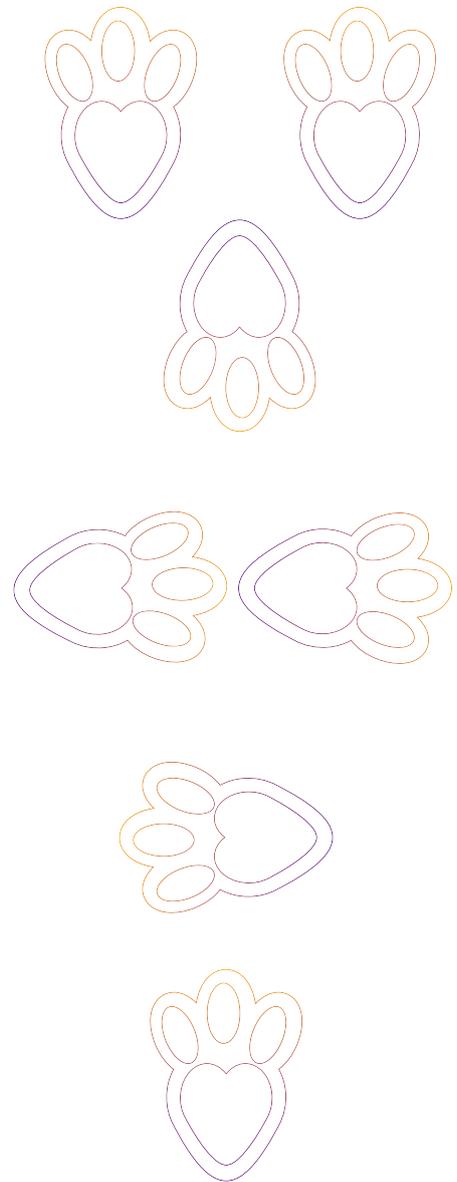
Cut out the templates on the next page and use these to trace and then cut out your own monster feet, ready for MONSTER FEET HOP SCOTCH! These can be drawn on plain or coloured card or paper, or a mix to create your own version of the game.

We'd suggest making 8-12 monster feet to play. You can play indoors, or out and challenge your family members to complete the course in the quickest time. Below are a few example of layouts you could follow or you can mix it up even more to make it more challenging - you can even add this game to your obstacle course.

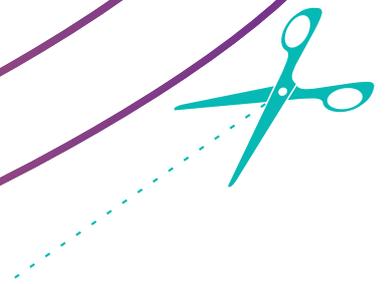
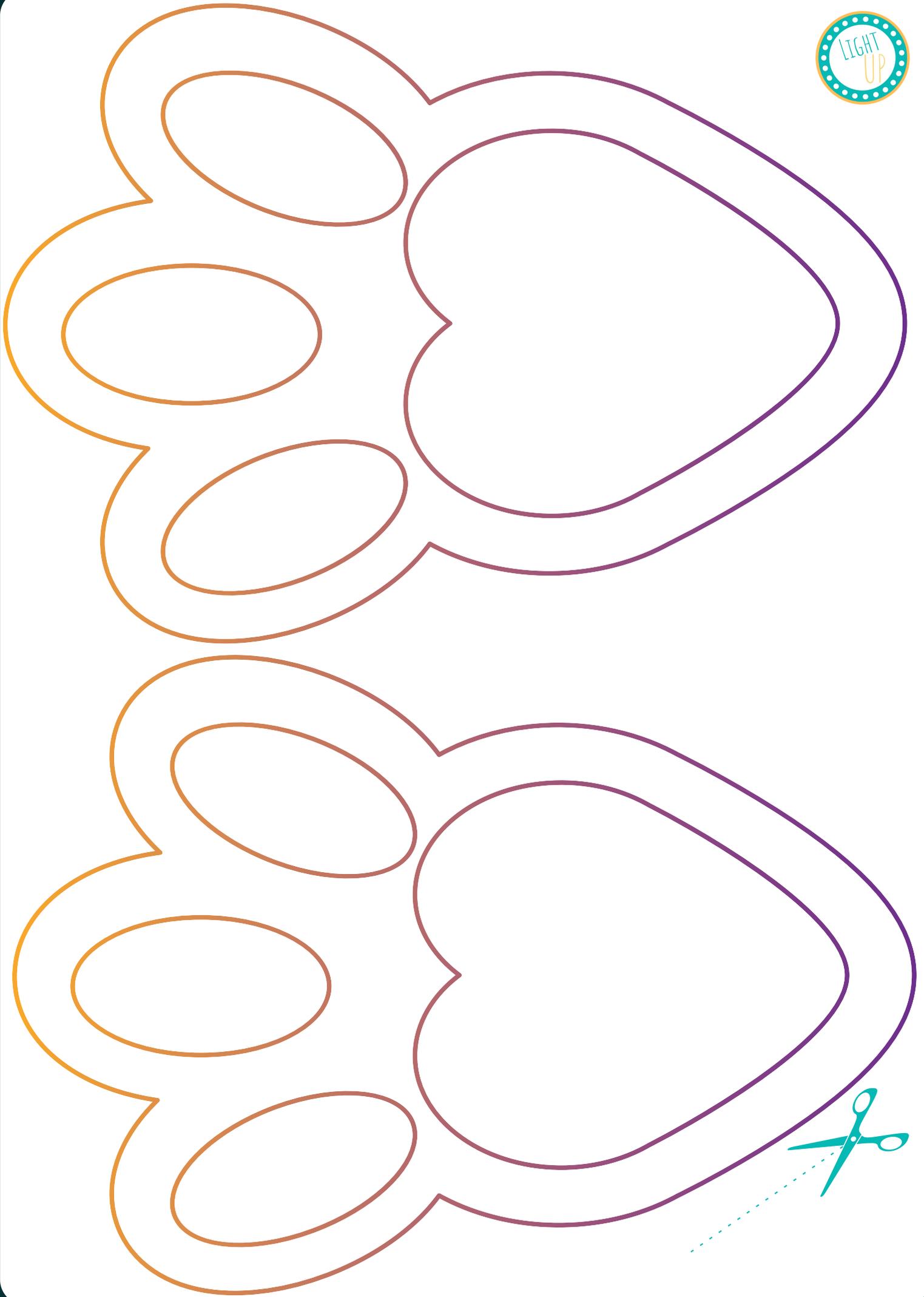
Watch this video to see more: <https://youtu.be/k9F-ts1cb7g>



FINISH



START





grow a giant beanstalk

design a cake

create a costume

make some fun

a cardboard Theatre

draw a treasure map

become a spy

record your own film

create a dance

write a script

drink

invent a new fruit

sing a song

look for worms

paint a picture for a friend

Train a dog

Construct a secret garden

COLOURING CONTEST!

Colour in our Light UP colouring sheet for your chance to win a prize!

WORD STACKER



Use these words to create fun sentences, or little poems! Copy them, or cut them out and arrange them to see what wacky combinations you come up with. You could also make your own little cards with random words to extend the task.

ONE DAY ONCE UPON A TIME IN A LAND FAR FAR AWAY ? !

STOP! SUDDENLY THERE THEIR WAS THE

IS A A I S BETWEEN THAT OF

ALL LIKE DISLIKE WHAT LOVE LUNCH

CUCUMBER FRIDGE TROUSERS DINNER ADULTS

HORSE CHILDREN WATER DRAMA SINGING

BLUE GREEN PINK LIGHT UP STEPPIN UP

FUN AMAZING COLOURFUL LIVED DANCED

SKIPPED THE END HOWEVER DID NOT DID



ROUND 1: GUESS THE MOVIE QUOTE

- 1) 'Some people are worth melting for'.
- 2) 'Our fate lives within us, you only have to be brave enough to see it'.
- 3) It takes a great deal of bravery to stand up to your enemies. But a great deal more to stand up to your friends'.
- 4) 'The problem is not the problem, the problem is our attitude about the problem'.
- 5) 'Normal is an illusion, whats normal for the spider is chaos for the fly'.
- 6) 'It's so fluffy I'm gonna die'.
- 7) I like that boulder, that is a nice boulder'.
- 8) 'Theres no place like home'.
- 9) People who are different, their time is coming! Mum, it's changing out there! You'll like it. People who are different, their time is coming'.
- 10) I'm right and you're wrong, i'm big and you're small, and there's nothing you can do about it'.

/10

ROUND 2: DISNEY

- 1) Who is the only Disney Princess who isn't actually royalty?
- 2) In *Sleeping Beauty*, which character had the least amount of lines?
- 3) What was the first released Mickey Mouse cartoon called?
- 4) In *Beauty and the Beast* what is the name of Belle's horse?
- 5) In 1929, Mickey spoke his first words. What were they?
- 6) In the *Little Mermaid 2*, What is Ariel's daughter called?
- 7) In *The Aristocats* what are the names of Duchess three kittens?
- 8) Who are the only two characters who appear in every star wars movie?
- 9) On which planet do we first meet Rey in the Force Awakens?
- 10) Which furry species lives on the forest moon of endor?

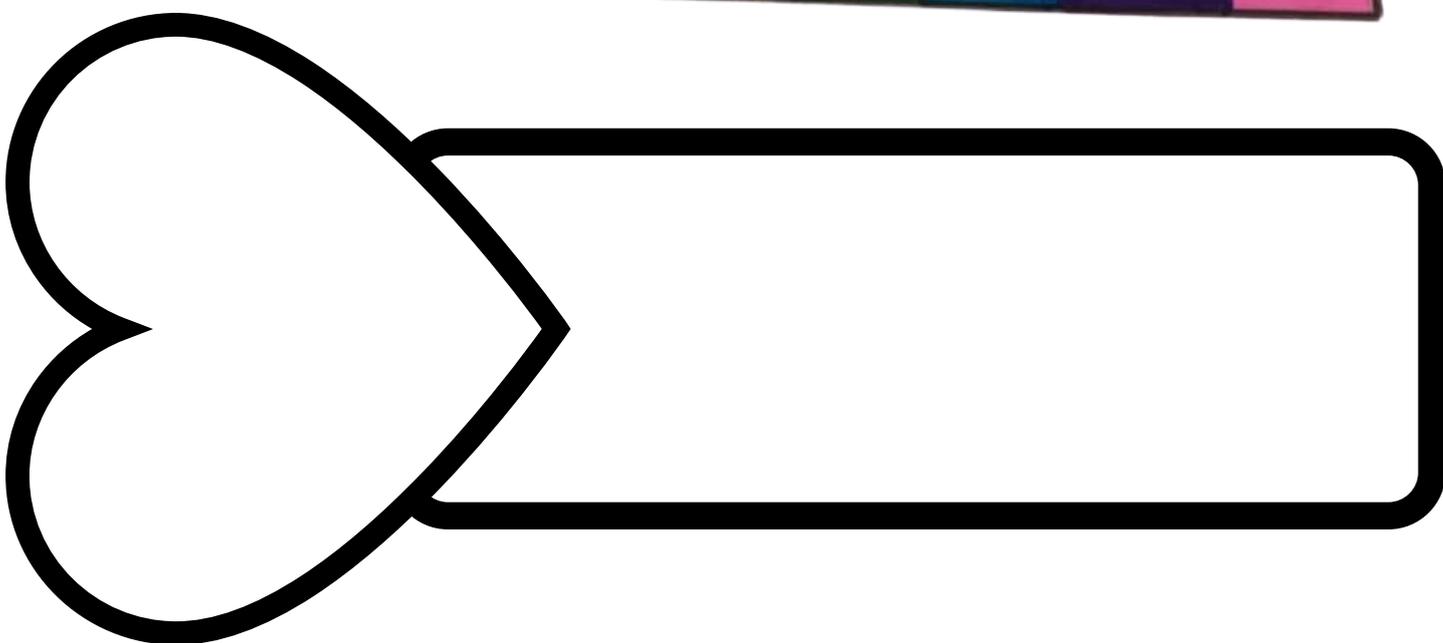
/12

MAKE A BOOKMARK

Use these templates to create your own bookmarks. Cut out the design of your choice, colour and then use it to mark your place in your book. Share your creations #LightUPCreativity.



Here's an example of how you could decorate your own bookmark! Think about how dance makes you feel and how you can express that through colours and shapes. Or what makes you feel confident, like our classes.



Send us an image of your completed bookmarks and tell us why you chose to decorate it the way you did.

More details on our Competitions page at the back of the booklet.



#LIGHTUPCREATIVITY

Use the links below to view a range of different dance routines. Pick one and review them using the help sheet below.



THE STEPPIN' UP DANCE REVIEW

- <https://www.youtube.com/watch?v=-o8we0ljptM> - Tommy and Charlie - So You Think You Can Dance
- <https://www.youtube.com/watch?v=QXoC3avrdY8> - Tiffany and George- So You Think You Can Dance
- <https://www.youtube.com/watch?v=Br25cDY91Ss> - Ashleigh and Jakob- So You Think You Can Dance
- <https://www.youtube.com/watch?v=Na4KoxRrZVA> - Tiffany and Cyrus- So You Think You Can Dance

The dance I watched today was

.....

**In which directions did the dancers move throughout the dance?
(Example: Forward, Backwards, Sideways)**

.....
.....

Could you describe the different formations and shapes that are used throughout the dance?

(Example: Circle, Triangle, Staggered)

.....
.....

Was the dance slow or fast?

Were the dance movements sharp or fast?

What were their levels like? (Example: High/Low)

If you could tell a story from the dance, what would it be?

.....
.....
.....
.....

Tell us what you enjoyed about the dance and why?

.....
.....

If you could encourage some improvements what would you say?

.....
.....

FORMATION TO FORMATION

A fun activity we play in our Steppin' UP Classes but this time you can follow the instructions and do it at home!

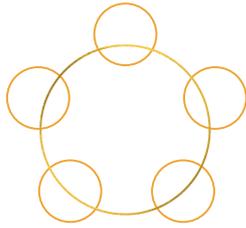


This game is all about shapes and formations of which our dancers stand for a dance routine. You could either draw your formations or if you have enough family members you could get them to help you create the different formations together and take a photo.

LETS PLAY, FORMATION TO FORMATION!

Draw all the shapes below beneath each scenario. An example would look like this:

You have 5 dancers. Form a circle for section of your Hip Hop dance mix:



1) You have 3 dancers, form a TRIANGLE for a section of your dance.

2) You have 4 dancers, create a SQUARE formation.

3) You have 10 dancers, create STAGGERED LINES for a music video.

4) You have 15 dancers, create your initials of your name (eg. DG) for a section of the dance you have choreographed.

DANCE GAMES

Use these dance games to have a boogie in your bedroom or garden. Put on your favourite songs and dance!

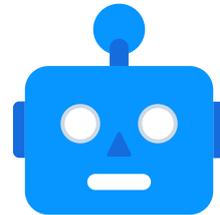
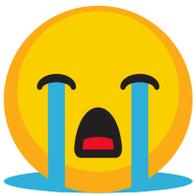


THE EMOJI GAME

Dance around to your chosen music and get an adult or a sibling to shout out different emojis like the ones below. When you know which emoji you have, dance around how you think that emoji would dance, for example: if you are given the monkey emoji you would dance around the room like a monkey, or if you get the happy emoji you would jump around smiling!

Here are some examples of some emojis you should choose from! Why not play our video and join in with Steppin' UP's very own choreographer Danika!

<https://bit.ly/3cPmPzT>



MUSICAL STATUES

This is a classic game we all know and love but with a Steppin' UP twist as you dance around using the dance style card below or get an adult or a sibling to shout out each style!

You could also change musical statues to musical bumps by being the quickest to sit on the floor. But be careful you don't hurt yourselves!

HIP HOP

BALLET

CAN CAN

JAZZ

STREET
DANCE

BALLROOM

MODERN

DISCO



HEAD TO [HTTPS://BIT.LY/3H9YMDS](https://bit.ly/3H9YMDS)

TO FIND MORE ACTIVITIES TO DO AT HOME! HERE ARE SOME OF THE VIDEOS YOU CAN TRY OUT

BOOGIE BREAKDANCE

Learn some simple break dancing moves with Danika!

OLD SCHOOL TUTORIAL

Join Danika as she teaches you how to dance like they did in the 90's 'old skool' style!

MAMMA MIA!

Love Musical Theatre?
This online workshop is the one for you! Learn a super fun dance routine to Dancing Queen

HOUSE WORKSHOP

Build your dance vocabulary and skills and learn how to dance 'house' style!

DANCE PARTY

Dance Party with Steppin' UP is for anyone who wants to just have some fun dancing to some popular dance tracks!

ROUND 1 ANSWERS

- 1) Frozen - Olaf
- 2) Brave - Merida
- 3) Harry Potter and the Philosophers Stone -Dumbledore
- 4) Pirates of the Caribbean - Jack Sparrow
- 5) The Addams Family - Morticia Addams
- 6) Despicable Me - Agnes
- 7) Shrek - Donkey
- 8) The Wizard of Oz - Dorothy
- 9) Hairspray - Tracy Turnblad
- 10) Matilda - Miss Trunchbull

ROUND 2 ANSWERS

- 1) Mulan
- 2) Aurora - 18 Lines
- 3) Steamboat Willie
- 4) Phillipe
- 5) Hot Dogs!
- 6) Melody
- 7) Berlioz, Marie, Toulouse
- 8) C-3PO & R2-D2
- 9) Jakku
- 10) Ewoks



HEAD TO OUR FACEBOOK PAGE 'LIGHTUPDRAMA' TO CHECK OUT OUR LIVE AND PREVIOUS QUIZZES AND TO FIND MORE QUIZ QUESTIONS!

LIGHT UP VIDEO INDEX

FIND ALL OF OUR VIDEO TUTORIALS HERE:

[HTTPS://BIT.LY/2A9Q43I](https://bit.ly/2A9Q43I)



HOW TO MAKE A PUPPET

Join Sam as she teaches you how to make your own puppet

BRITISH SIGN LANGUAGE

Want to learn a new skill? Learn the alphabet in British Sign Language with Katy

ROCK PAINTING

Be creative with Sam and see how you can paint some rocks!

OBSTACLE COURSE

Watch how Hannah sets up her obstacle course and see if you can make yours even better!

MONSTER HOPSCOTCH

Have some fun with this Light UP edition of Hopscotch!

#LIGHTUPCREATIVITY

COMPETITION PAGE!



DAILY WRITING

Use one of the Daily Writing Inspirations to write a short story. We'll read through them and pick our favourite!
Be as creative and as wacky as you like!

Submit to:
info@lightupdrama.org.uk

Deadline:
31st July



BOOKMARKS

Send us in a picture of your completed bookmark and tell us the reason for your decoration!
We'll pick the most creative to win a prize.

Submit to:
info@lightupdrama.org.uk

Deadline:
31st July



COLOURING SHEET

Submit your completed colouring sheet by taking a photo and sending to us .

Submit to:
info@lightupdrama.org.uk

Deadline:
31st August

FAMILY FAIRYTALE

Get the family together and perform the fairytale you have written! Film it and send it to us.
May the best family win!

Submit to:
info@lightupdrama.org.uk

Deadline:
31st August

BINGO CARD

Send us your completed bingo card and we'll pick one lucky winner at random to win some cool prizes!

Submit to:
info@lightupdrama.org.uk

Deadline:
31st August

All competitions can also be entered by posting your entry with our hashtag:

#LIGHTUPCREATIVITY

We hope you enjoyed our activity pack. Don't forget to use the hashtag #LightUPCreativity on social media to show us what you have been getting up to.

We are a not for profit organisation, if you would like to, and are able to, you can make a donation to our organisation. It would be much appreciated in keeping us going in these times. Please head to our website to donate. Thank you.



LOTTERY FUNDED



Supported using public funding by

**ARTS COUNCIL
ENGLAND**



**Join us at one of our classes by
heading to our website or email
us to find out more.
Your first class is free!**



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